

First Aid Training

Heat Related Injuries:

1. Heat Cramps
2. Heat Exhaustion
3. Heat Stroke
4. Burns
5. Sunburns

Musculoskeletal injuries:

1. Sprains
2. Spinal
3. Fractures

Soft-Tissue injuries:

1. Blisters
2. Small Lacerations/Abrasions
3. Bleeding

Medical Conditions:

1. Seizures
2. Choking
3. Asthma
4. Shock
5. Allergies
6. Sickle- cell anemia

Cardiopulmonary Resuscitation (CPR)